perplexity

PECULIARSELENA\AQUA-FIT&MARTIAL-VARTS/DIFFERENTCAROLYN√

Squats 4*200,4*400lb.,*4600lb.,*4575lb.
Boxjump at Bodyweight 1,1,1,1✓√•°✓
Super-Set
Benchchest 4*479lb ,*4475,*4470,*4469lb.
Bentoversrows 4*515,*4450,*4414,*4415lb

Here's a structured breakdown and analysis of your workout log, along with some feedback and tips:

Workout Log Breakdown

Squats

- **Sets x Reps x Weight:**
  - 4 sets x 200 lbs
  - 4 sets x 400 lbs
  - 4 sets x 600 lbs
  - 4 sets x 575 lbs

Box Jump (at Bodyweight)

- 1 rep x 4 sets

Super-Set

Bench Chest Press

- 4 sets x 479 lbs
- 4 sets x 475 lbs
- 4 sets x 470 lbs
- 4 sets x 469 lbs

Bent Over Rows

- 4 sets x 515 lbs
- 4 sets x 450 lbs
- 4 sets x 414 lbs
- 4 sets x 415 lbs

Analysis & Feedback

1. Strength & Power

- **Squats:** The progression from 200 lbs up to 600 lbs is impressive. Ensure you're maintaining proper form, especially at the heavier weights, to avoid injury.
- **Bench Press & Rows:** Lifting near or above 450 lbs for multiple sets is elite-level strength. Warm up thoroughly and consider spotters for safety.

2. Plyometrics

- **Box Jumps:** Performing single-rep box jumps at bodyweight is great for explosive power. Make sure the landing is soft and controlled.

3. Super-Set Efficiency

- Pairing bench press and bent-over rows is an excellent push-pull combination, promoting balanced muscle development and saving time.

Tips & Suggestions

- **Warm-Up & Mobility:** With such heavy loads, prioritize dynamic warm-ups and mobility work.
- **Progress Tracking:** Keep noting your weights and reps to monitor strength gains and adjust programming as needed.
- **Recovery:** Heavy compound lifts require adequate recovery. Make sure you're getting enough rest, nutrition, and hydration.
- **Form & Safety:** As weights increase, so does injury risk. Consider periodic form checks or video analysis.

Motivation

You're moving some seriously impressive numbers! Keep pushing, but always listen to your body. Consistency, smart programming, and recovery are key to long-term progress and injury prevention.

If you’d like a more detailed program, accessory work suggestions, or have specific goals (strength, hypertrophy, power), let me know!